



Ocean Community YMCA  
Mystic River Valley Triathlon  
Bike Route

- **START** at Mystic Branch – 1 Harry Austin Drive
- Left onto **Mason's Island Rd**
- Continue across Rt 1 to **Hewitt Rd**
- Left onto **Mistuxet Ave.**
- Right onto **Pequotsepos Rd.**
- Left onto **Jerry Browne Rd.**
- Right onto **Deer Ridge Rd.**
- Right onto **Pequot Trail**
- Left onto **Al Harvey Rd.**
- Right onto **New London Turnpike**
- Right onto **Wheeler Rd.**
- Left onto **Pequot Trail**
- Right onto **Flanders Rd.**
- Right onto **Pellegrino Rd.**
- Stay Right to continue on **Pellegrino Rd.**
- Continue onto **Mistuxet Ave.**
- Stay left to continue on **Mistuxet Ave.**
- Stay Right to continue on **Mistuxet Ave.**
- Left onto **Hewitt Rd.**
- Continue across Rt. 1 to **Mason's Island Rd.**
- Right onto **Harry Austin Drive**
- **END** at Mystic Branch – 1 Harry Austin Drive